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Natural Virus Killer

Copper can stop a virus before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria that cause illness.

Colds and many other illnesses start when viruses get in your nose and multiply. If you don't stop them early, they spread and cause misery.

Hundreds of studies confirm copper kills viruses and bacteria almost instantly just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

"The antimicrobial activity of copper is well established." National Institutes of Health.

Scientists say copper's high conductance disrupts the electrical balance in a microbe cell and destroys it in seconds.

The EPA recommended hospitals use copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe

with a tip to fit in the bottom of the nostril, where viruses collect.

When he felt a tickle in his nose like a cold about to start, he rubbed the copper gently in his nose for 60

seconds.

"It worked!" he exclaimed. "The cold never happened. I used to get 2-3 bad colds every year. Now I use my

device whenever I feel a sign I am about to get sick."

He hasn't had a cold in 10 years.

Users say:

"It works! I love it!"

"I can't believe how good my nose feels."

"Is it supposed to work that fast?"

"One of the best presents ever."

"Sixteen flights, not a sniffle!"

"Cold sores gone!"

"It saved me last holidays. The kids all got sick, but not me."

"I am shocked! My sinus cleared, no more headache, no more congestion."

"Best sleep I've had in years!"

After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented CopperZap® and put it on the market.

ADVERTORIAL

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of germs, like a tickle in the nose or a scratchy throat.

Longtime users say they haven't been sick in years. They have less stress, less medical costs, and more time to enjoy life.

Soon people found other things they could use it against.

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Virus variants
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Cold sores
Fever blisters
Canker sores
Strep throat
Night stuffiness
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Nasal drip
Infected sores
Infected wounds
Styes
Warts
Ringworm
Other microbial threats

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper works just as well when tarnished.

Dr. Bill Keevil led one of the science teams. He placed millions of viruses on a copper surface. "They started to die literally as soon as they touched it."

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**letter from the publishers****Heart-Centered Living**

February is filled with sweet reminders of love in its many forms such as Valentine's Day, and the affection we feel for special people in our lives are at the forefront. While taking this time to acknowledge and honor the long-standing, meaningful relationships that continue to nurture us throughout life's inevitable transformations is

important, it is also an opportunity to look within, listen to your heart and consider the role of love in your life.

Loving and being loved is so vital to our health and happiness that we don't tend to live well without it. When we are feeling so nourished in life, we are better able to be fully present with others and connect on a heart level, rather than just a head level, and love becomes a core motivation for every positive action we undertake.

You might think that listening to and living from the heart would be the most natural and logical attitude, but sadly, this is not the case for many of us due to childhood wounds, conditioning and adult experiences that reinforce those early injuries; few are ready to live a heart-centered life.

If you have an "unhappy heart" and are in a chronic state of stress and discontent, your body's defense system may be compromised, making you more vulnerable to disease. It is a fact that 90 percent of all illness is ultimately due to stress, because it creates a cascade of physiological responses that affect our hormones and immune system.

The study of psychoneuroimmunology (the interaction between psychology and the nervous and immune systems) shows that emotion and its underlying physical changes in the body are key to understanding the link between a healthy mind and body. Some scientists call the heart a "little brain" because it contains thousands of sensory neurites that actually allow it to send and receive messages. Growing evidence suggests that the organ also contains memories of our experiences and that it even carries its own intelligence. By harmonizing these two vital organs, a practice called heart-brain coherence, we can tap into deep intuition, emotion-based perspectives and enhanced well-being at a core level.

When we focus on our heart center, fear falls away, space opens up within us and solutions to challenges reveal themselves. I have discovered this to be a personal truth. By simply placing my hand over my heart center for a few moments, breathing in feelings of care, gratitude or love for someone or something, I automatically notice a natural shift in my thoughts, feelings and energy.

Our life's work and passion includes knowing how to use life-force energy in this way wisely and to give it, willingly and skillfully, in such a way that enriches our experiences without burning out. If we can all learn to approach life from a heart-centered place with patience instead of simply reacting when our buttons are pushed, that will be one step in the right direction toward a better world.

This month, we invite you to open your heart and cozy up with this inspiring, love-filled issue. We send this issue of *Natural Awakenings* magazine to you with a big hug and wish you and yours a Happy Valentine's Day!

With Love,

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." ~Lao Tzu.

Natural Awakenings is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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HOW TO ADVERTISE

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EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: Publisher@HealthyLivingMichigan.com. Deadline for editorial: the 12th of the month.

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news briefs

Concordia University Master's Degree in Natural Product Sciences

The Concordia University School of Pharmacy has a new online master's degree program in natural product sciences designed to give students the knowledge and skills to introduce new products and improve on current offerings at their Wisconsin campus.

Pharmacognosy, the study of medicinal drugs obtained from natural sources, and plant biochemistry are the core disciplines of this program, which builds on science knowledge to help serve unknown and unmet needs in the natural products industry. Students can specialize in medical cannabis or nutraceuticals while engaging in comprehensive studies that address the history, therapeutic effects, risks and business side of natural-based products. This graduate degree can lead to jobs in the healthcare, pharmacy, research and development, manufacturing and business industries.

Location: 12800 N. Lake Shore Dr., Mequon. For more information or to apply, visit OnlineInfo.cuw.edu/natural-products-degree or cuw.edu/apply. See ad, page 17.



Micronutrient and Food Sensitivity Testing

Ann Hughes, M.D., owner of Dr. Hughes's Holistic Wellness Center, provides integrative medicine and family medicine. She says, "With our micronutrient and food sensitivity testing, we can determine what foods best serve you in your quest for health. Nutritional imbalances are rampant in our society. Current medical therapies, poor lifestyle choices and nutrient-depleted food sources all contribute to hidden nutritional deficiencies. Each of us are unique individuals and therefore require unique nutrition. Whether you are suffering from food allergies, chronic illness or simply want to understand the current state of your health, nutritional testing services can provide valuable insights about how the foods you eat are affecting your body."

Initial visits are 90 minutes. A thorough evaluation includes the assessment of family history, past medical history, current medical problems, risk factors for preventable diseases, nutritional history, toxic substance exposure history, history of current symptoms and a physical examination. Hughes then offers recommendations for individualized diagnostic testing and treatment options.

Location: 4343 Concourse Dr., Ste. 170, Ann Arbor. For appointments and more information, call 734-905-0318 or visit DrHughesHolisticCenter.com.



Ann Hughes

Have News or Kudos to Share?

Email us today at Publisher@HealthyLivingMichigan.com

Tennis Elbow, Anyone?

Dr. Robert Krasnick, owner of Krasnick Regenerative Medicine (KRM), is a pain management doctor who has dedicated the past 24 years to the practice of regenerative medicine using a holistic approach and implementing alternative, regenerative treatments for patients with chronic joint, back, neck, wrist, ankle, knee and hip pain and arthritis, as well as sports injuries.

He says, "Don't be fooled by the name tennis and golfer's elbow, because even if you are not a tennis player or golfer, you can still have tendonitis of the elbow. While this is a very common injury, there are other places in the body where the tendons might begin to break down, including the Achilles, rotator cuff and more. If you are experiencing pain, get it checked out!"

KRM can help restore the body to health using regenerative therapies such as prolotherapy, platelet-rich plasma, ozone therapy and stem cell therapies. None of these regenerative treatments contain any drugs, steroids, narcotics or NSAIDs; they are performed in the office and do not require surgery.

Location: 210 Little Lake Dr., Ste. 8, Ann Arbor. For more info, call 734-585-5653, email Info@KrasnickRegen.com or visit KrasnickRegen.com.



Winter Spa Day Packages

K.West is offering winter spa day packages. Classic Combo: Facial and Nails, \$238 for 165 minutes (\$312 value), includes custom laurel phytofacial; signature pedicure; express manicure; and time to rest with a cup of tea in a private resting nook.

Ayurvedic Skin Body Spirit Reset, \$190 for 155 minutes (\$245 value), includes Abyhanga massage; rose petal foot bath; LED bed therapy; and time to rest with a cup of tea in a private resting nook.

Mind and Spirit Review and Reset, \$195 for 120 minutes (\$260 value), includes grounding meditation; tarot reading enlightenment; healing intention meditation; reiki; and closing meditation.

Custom packages are available. Free gifts include a bag of K. West signature teas—Chamomile, Lemon Balm, Hibiscus, Rose Petals, Spearmint, Lavender, Licorice Root and Peppermint—plus a free container of K. West Balance & Breath Essential Oil.

Offers expire Feb. 24. Location; 415 N. Main St., Ann Arbor. For more information, call 734-436-8991, email Katie@KWestSkinBodySpirit.com or visit KWestSkinBodySpirit.com.

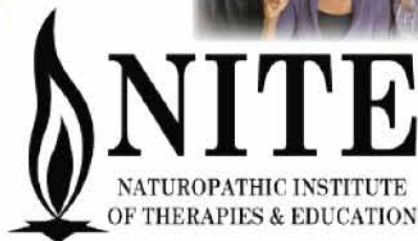


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Mindfulness-Based Stress Reduction Online

Ann Arbor Center for Mindfulness will present an eight-week Mindfulness-Based Stress Reduction (MBSR) class that meets for two-and-a-half hours per week online from February 4 to April 1, taught by certified MBSR teacher

Libby Robinson, Ph.D., MSW, and a founding member of the center.

Basic concepts of mindfulness and a wide variety of mindfulness practices are learned, including mindfulness meditation and more informal everyday mindfulness practices that can be practiced anywhere at any time. The course includes audio recordings of guided meditations and handouts. Participants learn through guided meditations, discussions, daily mindfulness practices and a half-day retreat.

MBSR is the mindfulness class developed by Jon Kabat-Zinn which has been extensively researched and found helpful in coping with stress, pain, depression, anxiety and chronic unhappiness.

The cost is \$300 (scholarships are available), which includes recordings of guided meditations, handouts and a March retreat. MSW-CE credits are available. To register, call 734-476-3070 or email LibbyRobinson7@gmail.com. For more information, visit aacfm.org.



Managing Anxiety Naturally

Dr. Samm Pryce, ND, a naturopathic concierge Physician and owner of Balanced Integration, provides Naturopathic Primary Care. He states, "If anxiety appears to be robbing you or someone you care about of the joy

of life that can be found even in uncertain and stressful times, with a few changes and lots of support, anxiety really can be effectively managed naturally."

Adults with anxiety are likely to experience muscle tension and tension headaches, trouble sleeping, changes in appetite, chest pain, palpitations, high blood pressure, panic attacks, nausea, dizziness and exhaustion/generalized fatigue. "When a person visits our holistic health office with concerns about anxiety, we will have a discussion about symptoms and life experiences," says Pryce. "We may order blood work to identify the presence of health conditions that can cause anxiety-like symptoms."



He may then suggest implementing natural approaches to manage anxiety such as botanical, nutritional and homeopathic supplements; modifying diet; exercising; adjusting sleep; journaling; mindfulness meditation; meeting with a professional, licensed counselor; spending time in nature; massage; acupuncture; yoga; and other mindful relaxation strategies.

Location: 2190 S. State St., Ann Arbor. For appointments and more information, call 734-730-2265, email Info@DrSammND.com or visit DrSammND.com.

Monthly Cannabis Parties at Bloom City

Bloom City Club will hold monthly Bloom Moon Parties starting February 6, for the Snow Moon. Highlights include limited quantity swag bags, vendor visits, snacks, potential giveaways and more. The party goes on all day and is always so much fun. March 7 is for the Worm Moon and April 6 is for the Pink Moon.

Bloom City Club is dedicated to providing the highest-quality medical cannabis, outstanding customer service and valuable information for registered medical patients, while educating the community about their offerings for viable and safe therapies for a multitude of medical conditions. Bloom is actively engaged in local charities and social outreach.

Blue Sage Health Consulting offers one-on-one consulting, doctor/patient liaisons, community classes and presentations for medical professionals to help them better understand cannabis and how to answer patient questions about cannabidiol (CBD).

Location: 423 Miller Ave., Ann Arbor; 2773 S. Centerville Rd., Sturgis; 121 E. Michigan Ave., Ypsilanti; and 37445 W. Red Arrow Hwy., Paw Paw. For more information, call 734-585-0621, email Manager.BloomCC@gmail.com or visit BloomCityClub.com.



Work for a Sustainable Future

Nonprofit Recycle Ann Arbor (RAA), a nationally acclaimed nonprofit credited with creating Michigan's first curbside recycling program in 1978, is hiring additional staff to add to its more than 40 employees in jobs



ranging from driving and customer service positions to management. Applications for drivers are always accepted and will be kept on file for one year.

The RAA mission is to develop and operate innovative reuse, recycling and zero-waste programs that improve the environmental quality of the community. Five-to-six-month unpaid internships are typically available in winter, summer and fall. Recycle Ann Arbor is an equal opportunity employer. Benefits for full-time employment include paid time off, health, dental and vision insurance, 401k with employer matching, employer-paid life insurance and short/long-term insurance.

Location: 2950 E. Ellsworth Rd., Ann Arbor. Email resume to Jobs@RecycleAnnArbor.org for consideration. View listings at RecycleAnnArbor.org/join-us/job-openings. For more information, call 734-662-6288 or email Info@RecycleAnnArbor.org.

Professional Coaching Can Provide Personal Insight

Gary Merel has opened a life coaching practice, Lean Into Your Life, at 220 Collingwood Street, Suite 240, in Ann Arbor. Merel is an effective catalyst that will help unravel life's dilemmas with an approach to coaching that involves the combination of different coaching modalities to create personal ceremonies and practices



that will manifest intention and direction to live a purposeful life. Where appropriate, the use of psychedelic medicine could be incorporated in the process. The use of this medicine is a powerful tool that can help a person experience an expanded view of their life and, in turn, perceive options not otherwise available.

He says, "Most of us have a vision for our lives. Many of us are challenged to make that vision a reality. We all have a desire for a loving relationship, a job and career that supports us and allows us to grow personally and professionally. We all want to live a life with intention and purpose. We all have a need to develop relationships that help us feel connected to a supportive community. We all want to create meaningful lives that are consistent with the beliefs we hold."

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Mental Health Benefits of Breastfeeding



Add maternal mental health benefits to the well-documented physical advantages that breastfeeding offers to moms and their infants. A systematic review published in the *Journal of Women's Health* found that breastfeeding

was associated with overall improved maternal mental health outcomes. A majority of the studies concluded that breastfeeding was connected to fewer mental health symptoms. Thirty-six of the 55 articles reported significant relationships between breastfeeding and reduced symptoms of postpartum depression and anxiety. Notably, when breastfeeding challenges arose or when the actual experience of breastfeeding didn't meet expectations, five studies reported negative mental health symptoms.

The researchers suggest that breastfeeding may have protective effects on mental health due to the release of oxytocin—also known as the love hormone—which is associated with decreased maternal stress levels and anxiety. This suggests that breastfeeding may have immediate, short-term effects on maternal mood. Further research is needed to help provide better personalized breastfeeding and mental health counseling to moms.

Zinc for Colds and Flu

A study published in *BMJ Open* evaluated the use of zinc for the prevention or treatment of acute viral respiratory tract infections (RTI) in adults. As a treatment for colds and flu, zinc reduced symptoms by two days, compared to the placebo. The researchers surmised that of 100 people with upper respiratory infections, 19 of them recovered by day seven as a result of the zinc treatment. Symptom severity appeared to be lower for those treated with zinc—with improvements seen by day three. Those taking zinc experienced an 87 percent lower risk of developing severe symptoms.

In terms of the prevention of colds and flu-like illness, taking zinc was found to have a modest effect compared to the placebo, with one out of 20 infections prevented. Preventive effects were most significant in reducing severe symptoms. Overall, there was evidence suggesting zinc might prevent RTI symptoms and shorten its duration. Researchers were unable to clearly ascertain the efficacy of different dosages and delivery (oral or nasal spray).



Weighted Blanket for Better Sleep

Weighted blankets may be a non-drug option to help ease conditions like insomnia and anxiety by allowing the body to release more melatonin (a hormone that promotes sleep) at bedtime.



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In a new study published in the *Journal of Sleep Research*, researchers from Uppsala University in Sweden measured the amount of melatonin, oxytocin and cortisol in the saliva of subjects after sleeping with either a light blanket or a weighted blanket. They found that using a weighted blanket helped naturally increase production of melatonin by 32 percent. There were no significant changes in the levels of oxytocin, cortisol or sympathetic nervous system activity.

Herbal Toothpaste Deemed Safe and Effective

Toothpaste containing certain plant-derived extracts was found to be effective in the prevention or treatment of gingivitis and early-stage periodontitis, according to a study



published in *Dentistry Journal*. The authors noted that people should still get regular, in-depth cleanings and treatments to maintain oral hygiene, and that antibacterial herbal extracts have safer toxicity profiles for human use.

In the double-blind, placebo-controlled trial, patients with a previous diagnosis of gingivitis or initial stages of periodontitis were given an experimental toothpaste or the control toothpaste for a 60-day trial period, during which time they brushed twice daily. The experimental toothpaste contained chemical components and extracts of German chamomile, sage, arnica and echinacea. The control toothpaste contained only chemical active ingredients.

The herbs used in the study showed positive anti-inflammatory, antioxidant, antiseptic and antibacterial actions. Patients in the experimental group experienced diminished bleeding of the gums and teeth whitening. The indices of gingivitis, general oral hygiene, plaque, tartar buildup and mild periodontitis decreased in both groups over the trial period. While both toothpastes eliminated several bacterial periodontal pathogens, the experimental one was more efficient against several of them.

Wellness is the complete integration of body, mind and spirit—the realization that everything we do, think, feel and believe has an effect on our state of well-being.

~Greg Anderson

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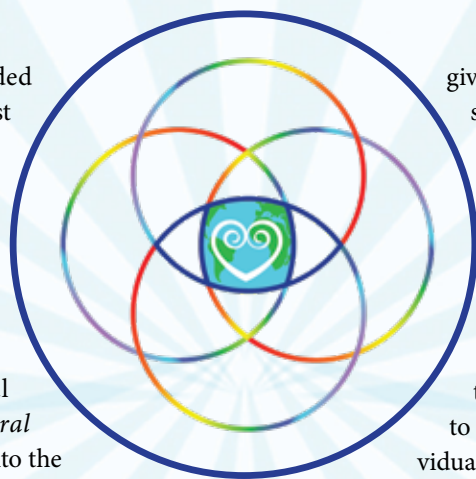
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A New Chapter— Nexus for Consciousness, Healing and Hope

by Brooke Goode



In 1994, the same year Jeff Bezos founded Amazon and Deepak Chopra laid the first bricks on his path to enlightenment, Sharon Bruckman created *Natural Awakenings* magazine. Each a visionary. Each ahead of their time.

By the late 1990s Americans had developed a voracious appetite for well-researched, practical information about the latest natural approaches to nutrition, fitness, personal growth and sustainable living. The *Natural Awakenings* franchise was born, expanding into the largest franchise publishing network in the health and wellness industry.

As the magazine's 25th anniversary issue, published in 2019, explained, *Natural Awakenings* was woven from the threads of grit, inspiration and serendipity, creating a tapestry of health, healing and mindfulness. In an interview appearing in that issue, Bruckman clarified her purpose, saying, "The why that has been keeping me 'on purpose' can be found in the same mission statement that inspired me to create *Natural Awakenings*: to inspire and empower people to awaken to their highest potential, so together we can create a world that works for all living things."

The world's delicate ecosystem, now in crisis, was also in need of help. "The critical issues we now address in *Natural Awakenings*—like genetically modified foods and climate change—were just emerging in serious public discourse then, but have since grown in urgency," Bruckman said. "The good news is that in the past 25 years, viable solutions in renewable technologies, organic farming methods and holistic healthcare practices have made great strides; now they just have to be implemented on grander scale."

Shortly after the 25th anniversary issue was published, Joe Dunne, *Natural Awakenings*' COO, had a serendipitous meeting with Kimberly Whittle, founder and CEO of KnoWEwell. One conversation later, he was certain that Whittle and Bruckman should meet,

given their shared vision and mission. Dunne describes KnoWEwell's online Regenerative Whole Health Hub as "WebMD, NEJM [*New England Journal of Medicine*], *Match.com*, Home Advisor, LinkedIn, Facebook, Amazon, Quora, Medium and Apple News all rolled into one for health." A week later, Whittle was on a plane to Florida to visit Bruckman at her home. It was the start of a providential relationship between two visionaries determined to bring natural healing, health and hope to individuals and families.

A decade earlier, in 2009, Whittle was driven by a series of family health crises to embark on a search for solutions. Deep diving into evidence-based research, she traveled the country to multiple integrative and functional medicine practitioner conferences. "I was blessed to find tremendous success in the prevention and healing of chronic conditions through what today is defined as Regenerative Whole Health, a broad spectrum of global healing approaches and therapies that consider the whole person—mind, body and spirit—connecting the dots between soil, food, lifestyle choices, planet and personal health to help prevent and address the root causes of chronic diseases," she explains. "I began as a mom on a mission. As I grew into my family's healer, and then a health and well-being resource for my friends, I felt a deep yearning to go beyond my community and help more people."

Combining her entrepreneurial spirit, professional experiences, passion and purpose, Whittle formed KnoWEwell as a force for good in the world, to pay it forward and make it easier for others facing their own health crises, and to pay it back to the professional organizations and providers that helped her family heal. Much like *Natural Awakenings*, KnoWEwell's mission is to transform health care by inspiring and empowering individuals with the knowledge, resources and community to proactively prevent harm, address chronic diseases and create "WELLthier Living" for themselves, their

families, humanity and the planet.

Last December, KnoWEwell acquired *Natural Awakenings*, creating an integrated ecosystem that is committed to community, spanning the information gaps, providing immersive multimedia educational experiences and fostering trusted connections locally and globally. Together, these two companies are set to be the solution for consciousness, healing and hope.

A World in Crisis Needs Our Collective Help

Individually and collectively, we are facing unprecedented challenges. Human and planetary health are in crisis, and they are inextricably linked.

According to the World Health Organization, climate change is the biggest global health threat confronting humanity.

The Food and Agriculture Organization of the United Nations estimates that 33 percent of the Earth's soils are already degraded, and more than 90 percent could become degraded by 2050. Soil erosion decreases agriculture productivity and contributes to a host of environmental threats. It can take up to 1,000 years to produce just two to three centimeters of soil.

While gene-edited crops are being promoted by the world's largest chemical companies as "giving mother nature a boost," Jeffrey Smith, founder of the Institute for Responsible Technology, warns, "With gene editing techniques, such as CRISPR, nature could be permanently corrupted by countless GMOs, and our food supply—including organic—could be overrun."

Meanwhile, six in 10 adults and more than half of all children have a chronic health condition. The problem, Whittle believes, is that while our conventional medical system excels at acute care for an injury or a heart attack, it was never designed to treat chronic conditions, focusing more on the symptoms than the root cause of disease. Studies show there is a roughly 17-year lag between new research and mainstream health and medicine practices.

Hope for People and Planet

Evidence-based research is proving that while our DNA may be our ancestry, it is not necessarily our destiny. According to Dr. Jeffrey Bland, the father of functional medicine, "Our gene expression is altered by numerous influences including environment, lifestyle, diet, activity patterns, psycho-social-spiritual factors and stress. These lifestyle choices and environmental exposures can push us toward (or away from) disease by turning on—or off—certain genes." Ninety percent of the risks of chronic disease are due to non-genetic factors, and with the right knowledge and resources, individuals can change their lifestyle and environment to prevent and reverse chronic health conditions.

Rodale Institute, a leader in organic farming education and re-



search, points to the importance of farming methods in addressing the health and planet crises. According to the organization, "Hope is right below our feet. Healthier soil grows healthier plants, and healthier plants are more nutritious plants. In our work at Rodale Institute, we're investigating the links between soil health and human health and proving that organic [farming] can feed the world."

Research by Rodale Institute has confirmed that adoption of regenerative organic farming practices could capture more than 100 percent of current, human-caused emissions of carbon dioxide in the atmosphere.

Rodale Institute researchers concluded,

"We now know enough to have real hope, and with this hope comes the responsibility to journey down a new path."

Millennials are leading the way on conscious living, flocking to integrative options and opting for more "natural" care, long advocated by *Natural Awakenings*. They now constitute the largest sector of the U.S. workforce with annual spending power of \$600 billion. Close to 60 percent of millennials research information about health and nutrition online and on social media. This health-conscious generation believes good health is both a personal and social responsibility. They are early adopters of wearable technology and prefer organically grown, locally sourced and ethically raised foods. But consumers of all ages are overwhelmed by information and unverified online sources in the fragmented whole health market.

Looking Forward

The World Economic Forum reported in 2021 that health care is undergoing a digital revolution that requires multi-stakeholder collaboration and the bridging of information gaps by fusing the digital and analog worlds. The 2017 industry white paper "The Rise of Wellcare", by PricewaterhouseCoopers, concluded that integrated ecosystems for the consumer in the healthcare industry are essential. This paradigm would include products, services, social media, community and environmental activism.

The good news is that the local *Natural Awakenings* print magazines, together with KnoWEwell's Regenerative Whole Health Hub, a global digital ecosystem, are forging the paradigm shift. Whittle is honored to be continuing Bruckman's legacy. "We are kindred spirits; I have the same purpose and unwavering drive that Sharon had founding *Natural Awakenings* nearly 30 years ago. I am deeply committed to multi-stakeholder collaboration that benefits all—our families, communities and the planet. We will educate to bring consciousness of connections into daily practices and respect for Mother Earth so all can thrive and prosper. Together, we will inspire, empower and achieve a WELLthier Living World."

Brooke Goode is KnoWEwell's national editor.

Improving Heart Health

Lifestyle Metrics That Can Help Prevent Heart Disease

by Sheila Julson



Diet and exercise are often cited for preventing cardiovascular disease, but a deeper dive shows that other factors such as sleep, stress management and proper screenings are just as important.

Get Enough Sleep

Dr. Randi Foraker is a professor of medicine at the Division of General Medical Sciences at Washington University in St. Louis (WUSTL), and the deputy director of their Institute for Informatics. She co-authored the American Heart Association (AHA) Life's Essential 8, a prescription of eight lifestyle metrics for cardiovascular health. They include modifiable risk factors such as diet, physical activity, nicotine exposure, sleep duration, body mass index, blood lipids, blood glucose and blood pressure.

Last June, the AHA added sleep to their lifestyle recommendations. "Poor sleep has been something we have suspected as a contributor to cardiovascular health for some time," Foraker says. "Sleep has been identified recently as a risk factor for cardiovascular disease and other chronic diseases. Interrupted sleep is a problem because our body isn't able to rebuild and recharge if we don't have adequate sleep. That's a recent finding, and the evidence around that is building."

Research into how sleep patterns affect heart health is ongoing. Experts

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are looking at when people are sleeping, and if it's broken into three-or-four-hour increments. The demands of each occupation may lead to sleeping during the day instead of at night, or broken sleep that does not always lead to a total of eight hours of sleep.

Stress Management

"Not managing stress well can be linked to insulin resistance, gut issues, high blood pressure and inflammation, which directly contribute to heart disease," says Charlotte Nussbaum, M.D., a functional medicine practitioner in Medford, New Jersey. "That's a lifestyle factor that people need to address, and it can be the hardest one to address. Even if you're dialed into a healthy diet and exercise routines, you're not going to keep yourself healthy if you have unresolved stress issues."

Nussbaum notes that unaddressed childhood traumas can lead to unhealthy stress management techniques and encourages people to consult with a therapist or other practitioner to work through childhood traumas to identify and eliminate the stressor. If a job is causing stress, we can't always change jobs, but using techniques such as yoga, meditation and mindfulness can help. She also recommends bodywork and movement, breathing techniques, biofeedback and going into nature as effective stress-relieving techniques.

Foraker notes that the Life's Essential 8 framework has specifically called out mental and social determinants of health because these underlying factors can be barriers to achieving ideal cardiovascular wellness. "Mental health can impact depression and be a proxy for nicotine addiction and poor diet," she says.

Social determinants may include living in a food desert without access to healthy foods. Some people may not be able to achieve physical fitness because they live in a high-crime area, preventing them from being active outdoors. "Social determinants of health are often cost-prohibitive to achieving health goals," Foraker advises.

Nationwide, nonprofits such as The Food Trust are helping to bring nutritious food to low-income communities. The National Youth Sports Strategy, an initiative of the U.S. Department of Health and Human Services, strives to expand children's participation in youth sports and encourage regular physical activity.

Looking Beyond Cholesterol

Nussbaum observes that while much attention is placed on lowering fat and cholesterol for a healthier heart, what is more important is choosing fats that don't oxidize easily. When low-density lipoprotein (LDL) is oxidized, it can lead to atherosclerosis, the buildup of plaque on the artery walls.

"Seed oils like canola oil, safflower oil, sunflower oil or corn oil have been promoted as heart healthy, but those are very easily oxidized because they contain linoleic acid, an inflammatory omega-6 fatty acid that can contribute to heart disease," Nussbaum says. "While omega-6 is an essential fatty acid, we only need a small amount in our diets. Our modern diet has become very high in omega-6."

Nussbaum advises increasing omega-3 intake to balance the omega-3s/omega-6 ratio. Cold water and fatty fish that are low in mercury such as salmon and shellfish are good sources of omega-3s. For those that don't eat seafood, marine algae provide omega-3s.

Polyphenols are plant-based foods that boost heart health and immunity. Polyphenol-rich examples include green tea, citrus fruits, hibiscus tea and turmeric. Nussbaum adds that organ meats like liver are high in antioxidants retinol and vitamin A.

Red meat has gotten a bad reputation, but Nussbaum notes how meat is sourced makes a difference. The nutritional quality of a fast-food burger is much different than a cut of beef from grass-fed cows that are sustainably raised; the latter has a very different nutrition profile, along with omega-3s.

Nussbaum cautions that consuming a low-fat diet alone may not lower risk of heart disease, because many low-fat diets



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substitute fat with carbohydrates, which can lead to obesity and insulin resistance—both risk factors for heart disease.

Less Exercise Can Be More

It can be intimidating to start a workout regimen, especially if time is limited. “What’s more important is not being sedentary and finding ways to keep moving,” Nussbaum says. “Even if you have a desk job, there are ways to incorporate short bursts of movement into your day. Walking can be helpful.”

She notes that high-intensity interval training—short bursts of intense exercise alternated with low-intensity recovery periods—can be effective for those with limited time. “Some of those workouts are only five to 10 minutes long, but can have just as much benefit as a 90-minute cardiovascular workout.”

Screenings and Advanced Testing Detect Underlying Issues

Dr. Yale R. Smith, a Florida physician who is triple board-certified and an advanced fellow in anti-aging metabolic and functional medicine, says, “There are millions of people walking around with severe cardiac disease that do not even know it, because heart attacks and death from an acute coronary syndrome (ACS) can kill someone without warning. Thus, preventing such an event with specialized testing can allow people to live long lives with loved ones.”

Smith emphasizes the importance of a complete lipid profile. “I see many patients that come to me with incomplete lipid profiles,” he notes. They do not include sensitive biomarkers that go beyond just total cholesterol, LDL, high-density lipoprotein (HDL) and triglycerides. There’s a misconception that if one’s cholesterol is within normal range, they need not worry about heart disease.

“But someone could have unstable plaque just waiting to burst in a coronary artery that kills the patient,” Smith explains.

“When an unstable plaque ruptures in a major vessel, the body senses it as bleeding and sends clotting factors to stop the bleeding, thus creating the heart attack and death. We can look for this with cutting-edge testing.”

Such testing includes Cleerly, which uses artificial intelligence to look within the coronary arteries. It provides actual visualization of the patient’s vessels and pinpoints locations of stenotic lesions, total plaque volume and unstable plaque locations. “This is revolutionary, and allows me to provide vital information to the patient and the interventional cardiologist before catheterization,” Smith says.

The protein unstable lesion signature test looks for cellular markers for high-risk patients and determines risk for plaque rupture. The vibrant health cardiaX allows doctors to look at 22 different genes that can contribute to heart disease issues.

“Family history is a look into the future of your chance of developing heart diseases,” Smith shares. “The genetics of a patient’s family is quite important, and genes can jump a generation. Thus, the patient could have their grandfather’s or grandmother’s genes that can put them at risk and lead to an early death.”

There are natural ways to control and reverse heart disease, Smith points out, but he cautions against over-the-counter, unregulated supplements marketed for improving heart health. A comprehensive workup and cardiovascular health plan should be monitored by a qualified medical doctor.

“Meditation and massage are beneficial to lower stress,” Smith recommends. “Stress and high cortisol levels create a pathway to heart disease, elevated blood pressure and other issues. Thus, anything that can lower stress and create a happy lifestyle will help with heart health.”

For more information, visit [Tinyurl.com/55nuk9dm](https://tinyurl.com/55nuk9dm). Sheila Julson is a freelance writer and regular contributor to Natural Awakenings.



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Teas from China, India, Japan and Taiwan

by David Stouff

The U.S. has always been thought of as an agricultural mecca. But when it comes to tea, they leave a lot to be desired. Although the U.S. doesn't grow tea, tea consumption has doubled since the Boston Tea Party in 1773. Even though the popularity of tea in the U.S. is increasing, many consumers know little about its origins, production or varieties.

Temperature, humidity and sunlight play a critical role in the growth, yield and quality of tea. *Camellia sinensis* likes to grow in warm, wet climates with temperatures of 70 to 85° F and 150 inches of rain/month. High-humidity environments of 70 to 90 percent accelerate the growth rate of the tea leaves. Tea can tolerate some dense foggy conditions but requires at least five hours of sunlight per day. Countries such as China, India, Japan, and Taiwan have good environmental conditions for tea growing. And they happen to produce some of the best teas.

China- Tea was discovered over 4,000 years ago in The Yunnan province of China. Since then China has become the number one producer of tea in the world. China was the first country to cultivate tea and has developed many processing techniques that are copied by other tea-producing countries. Tea is embedded in Chinese culture and has produced hundreds of tea types ranging from white, yellow,

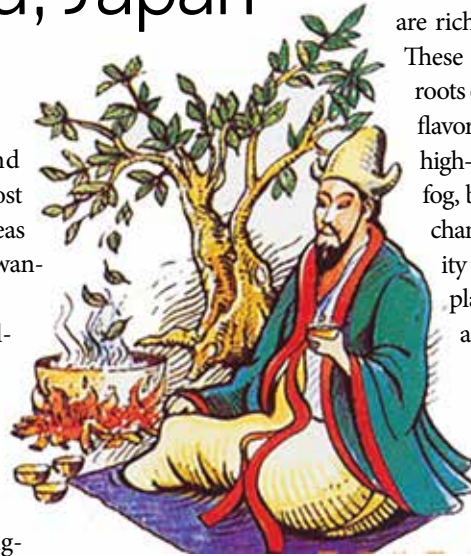
green, oolong and red. Some of the most popular Chinese teas are LongJing, TieKwan-Yin and YinZhen.

India- *Camellia sinensis* assamica was first discovered natively growing in the Assam region circa 1830. Interestingly, in 1850 the *sinensis* varietal from China was planted in the Darjeeling region of North India. Although some of the teas produced in India are from the same variety as Chinese tea plants, they have different terroir and production methods that create unique flavor profiles not found in China. One of these flavors, "muscatel", is a spicy, musky, aromatic characteristic. Although India is well known for its black teas, other teas such as Chai, Assam and Darjeeling are gaining popularity in the West.

Taiwan- Tea production started in 1700 with plants brought from China. The Nantau region of Taiwan produces the most tea. Although the plants and production are similar to those in China, the steep, high mountains of Taiwan make its teas unique. The steep and rocky cliffs

are rich in nutrients and minerals. These minerals are taken into the roots of the plant and add a unique flavor profile to the leaves. Also, the high-altitude mountains have more fog, but less air and sunlight. This changes the growth rate and quality of tea by slightly stressing the plant. Most teas from Taiwan are prepared in the "oolong" style, with medium to heavy oxidation. Common Taiwanese tea names include Dong Ding, Alishan and Eastern Beauty.

Japan- Tea was first cultivated in the Kyoto region of Japan in the 8th century. Most of the tea produced in Japan is in the "green" style. Although other countries produce green teas, the types of teas produced in Japan are completely unique. Most tea producers use a special steam-processing technique that yields a umami flavor. Furthermore, a select portion of tea farmers will put shades over their teas for the last four weeks of growth. This changes the photosynthesis characteristics of the tea plants and causes unique flavors to be released in the leaves. Some popular Japanese teas are Sencha, Gyokuro and Genmaicha.



Connect with Stouff at 858-344-9417 or visit AncientWaysOfHealth.com for class schedule or more information. See ad page 28.

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Love in the Present Moment

Mindfulness for Couples

by Marlaina Donato



Jam-packed schedules and answering the demands of everyday life can trip us up and break the spell of even the most solid intimate partnership. With dulled senses, it is easy and all too common to go on autopilot. Like abandoned gardens, heart-unions can become casualties of neglect and the absence of joy.

Mindfulness—awareness and cultivation of the present moment—has been shown to lower blood pressure, reduce anxiety and depression and deepen our appreciation of what we have. Relationships can expand and strengthen when couples practice the art of being in the “now”. A 2021 study involving 1,360 heterosexual couples published in the *Journal of Sex & Marital Therapy* indicates that gratitude and forgiveness also contribute to satisfaction, both relational and sexual.

Conscious Hearts

“Mindfulness practice comes in many forms: journaling, meditation, mindfulness-based cognitive therapy, tai chi or breathwork, to name just a few. By routinely practicing mindfulness, we are able to deepen our own awareness of what we are feeling and how we want to respond to someone we care about,” explains Moraya Seeger DeGeare, in-house relationship expert for Paired, an app for couples.

Maci Daye, the author of *Passion and Presence: A Couple's Guide to Awakened Intimacy and Mindful Sex* says, “Even a few

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minutes a day of mindfulness practice can rewire the brain, build new habits and help us dis-identify from our limiting beliefs, stories and intense emotions.” This is a critical factor in transcending personal triggers and promoting conflict resolution. She emphasizes that couples often go into fight-or-flight mode because they feel threatened by their partner’s non-verbal behavior or are triggered by old, painful wounds.

Daye, a licensed professional counselor and certified sex therapist, notes, “Mindful couples are less attached to being ‘right’ and explore their own sensitivities instead of blaming their partners.” Once “awakened intimacy” is put into practice, couples become interested in each other’s perspectives and team up to heal and grow. In addition to formal training, she suggests bringing presence to all aspects of life. “Couples can engage their senses when they hug, touch or hold hands,” Daye explains. “They can pause to look at each other when they say hello and goodbye. They can slow down and taste their food, savoring every bite. These behaviors also make sexual experiences more sensual, intimate and connecting.”

Taking a few moments for eye contact, the brush of a hand or compassionate interaction can strengthen bonds. DeGeare, who is also a couple’s therapist at BFF Therapy, in Beacon, New York, recommends slowing down together to get in sync. “This could be going for a walk, cooking or listening to the same podcast and talking about it later. It helps the body tune into your partner a bit and connect. The time you spend doing this outside of the bedroom will deepen your connection in the bedroom.” She suggests bringing movement like a shared dance or yoga class into the mix to foster connection, as well as setting “dedicated times to check in through the week or month, uninterrupted.”

A Deeper Dive

Daily verbal exchanges beyond the mundane can amplify resonance between two people. “Asking questions is vitally important, as it cultivates curiosity—but not the day-to-day questions, such as, ‘What are you doing today’ or ‘What do you want for dinner?’” says Debbie Lambert, co-author of *The Mindful Couple*. The Del Mar, California, couples counselor and life coach encourages people to ask, “What scares you today? What is the most important thing that you would like to create today? What was one thing that made you grateful today, and what is one thing that disappointed or frustrated you today? What is one thing I can do for you today? These types of questions scrape the surface of knowing and create intimacy and connection.”

Lambert compares the practice of mindfulness to a beautiful dance—flowing, loving and creative—that can change future generations. “The energy from such a dance extends far beyond the couple,” she says. “It can be felt intimately by anyone in its presence. When parents dance this dance, their children are bathed in a high-vibrating energy. They feel safe and loved. Most importantly, they learn a model for how to be in a loving relationship.”

Marlaina Donato is an author, visionary painter and recording artist. Connect at WildflowerLady.com.

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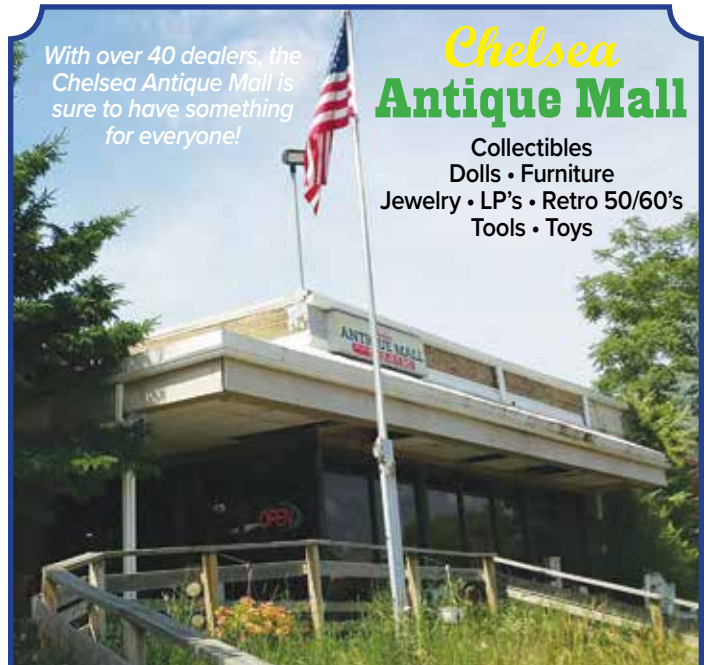
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Foods that Promote Cardiac Healing

by Steven Masley, M.D., FAHA, FACN, CNS



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Fabulous Fiber

Fiber is the roughage in vegetables, fruits, beans and nuts, and it is loaded with age-busting nutrients. Eating fiber suppresses appetite, promotes weight loss, improves blood sugar and cholesterol levels, decreases inflammation and feeds a healthy gut microbiome.

The challenge is to get more fiber every day. Too often, people consume fiber from processed grains and flour, and the sugar load that comes with grain fiber has many adverse impacts on heart health. The best option is to enjoy daily fiber from the following sources: three cups of colorful vegetables; two pieces of fruit, such as one cup of berries and one apple; two handfuls of nuts and seeds; and one-half to one cup of beans.

Smart Fat

Clinical studies show that enjoying fats from seafood, extra-virgin olive oil and nuts decreases the risk of a heart attack and stroke without causing weight gain. Healthy fats improve cholesterol levels, assist with blood sugar control, are critical for the brain, improve hormone

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Holistic Dentistry is a philosophy based on the concept that your mouth is a window to your overall health. The condition of your teeth and gums contributes significantly to the general health of your entire body!



balance and reduce inflammation.

Fats enhance the texture of food, adding that smooth, creamy mouth feel to a meal that makes eating a pleasure. Enjoy healthy fats from avocados, seeds and dark chocolate daily.

Clean (Not Mean) Protein

Raising animals in large-scale conventional operations with cruel living conditions is not just mean, it also produces less nutritious meat that can be loaded with hormones, antibiotics and pesticides. Choose clean protein instead, which does not contain added hormones, pesticides and other toxins. Good sources of protein are organic dairy products and eggs, wild seafood and animal protein that has been grass-fed or organically fed while living on open pasture. Beans are also a great protein-packed choice that improves blood sugar and cholesterol profiles. They are the most powerful anti-aging food ever tested.

Beneficial Beverages

Start with at least four cups of water per day. It doesn't matter whether it's flat or sparkling, so long as it's pure. Pure water can be purchased or made at home or at work with a reverse osmosis filter system.

Except for people that are caffeine sensitive, one to two servings of caffeinated beverages can be enjoyed daily. In moderation, those tea and coffee pigments are good for us.

Don't forget a fiber- and protein-rich smoothie to stay satisfied and revved up all morning. A balanced and delicious recipe includes one serving of protein powder, frozen organic cherries or blueberries, almond milk and chia seeds.

Take advantage of the option to enjoy wine with dinner—just be sure to limit wine intake to no more than two servings daily.

Avoid any beverage with added sugar or commercial sweeteners. Don't be fooled into drinking juice; without the fiber, fruit juice is much closer to drinking soda than to eating fruit.

Powerful Probiotics

Not only do probiotics help gut function—a healthy gut microbiome decreases

Accelerate Healing with Energy.

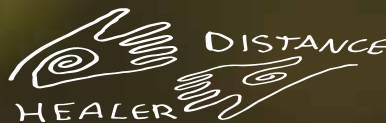
Using light energy through distance healing, your healing process can move forward more smoothly.

"My knee was warm for about 3 full hours after I left. It seemed to heal further after I slept the first couple of nights. While my knee was not healed 100%, it was significantly better and I was able to go on my Montana ski trip the next week.

P.S. Another month after my ski trip my knee has continued to improve."

Robert, Gainesville, GA

Practicing by donation for nearly 10 years.
Questions? Call Bill at 770-990-9191 or
visit <https://www.distancehealer.me>

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Potential Customers.

conscious eating

inflammation and supports weight control. The latest research reveals that the microbes in the gut have a dramatic impact on the risk for heart disease, as well. Because healthy microbes feed on fiber, eating fiber is good for the gut microbiome, too.

The right gut microbes offer numerous benefits. They lower harmful cholesterol levels, improve blood sugar levels, lower blood pressure to normal levels, assist with weight loss, decrease inflammation and decrease production of trimethylamine N-oxide (also known as TMAO), a marker for heart disease. Support the gut microbiome by eating probiotic food sources daily, such as yogurt, kefir, sauerkraut, pickled veggies and miso.

Dr. Steven Masley is a physician, nutritionist, trained chef, clinical professor at the University of South Florida and creator of health programs for public television. He is the author of The 30-Day Heart Tune-Up. Learn more at DrMasley.com.

FRITTATA WITH SPINACH, MUSHROOMS AND CHEESE

YIELD: 4 TO 6 SERVINGS

½ lb fresh spinach, washed and drained, stems removed, chopped
2 Tbsp extra-virgin olive oil
½ medium sweet onion, finely chopped
2 cups mushrooms, sliced
½ tsp sea salt
1 tsp Italian herb seasoning
2 medium garlic cloves, finely chopped
8 large cage-free, organically fed eggs
2 Tbsp organic, whole fat milk (or sour cream)
½ cup organic Comté (or Gruyère) cheese, grated
¼ cup Parmigiano Reggiano cheese, grated

Preheat oven to 375° F.

Place spinach in a saucepan with ½ cup of water. Cover with a lid and allow to steam on high heat for 5 minutes. Remove from heat and drain; squeeze out excess water. Set aside.

Heat a sauté pan to medium heat; add olive oil, then onion; stir occasionally. After 1 minute, add mushrooms and continue heating for about 3 to 4 minutes until the onion is translucent and the mushrooms have softened. Add garlic and Italian herbs and heat 1 minute, then remove from heat.

In a large bowl, whisk the eggs and milk together. Stir in the Comté or Gruyère cheese, steamed spinach and sautéed onions with mushrooms.

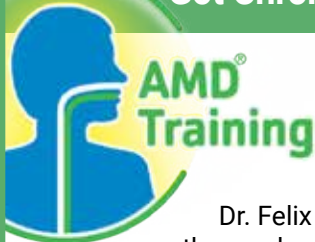
Grease a pie dish with extra virgin olive oil, then pour the egg and vegetable mixture into the pie dish. Sprinkle Parmigiano Reggiano cheese over the top.

Bake for 25 to 30 minutes, or until it has the texture of custard—trembling and barely set. For a golden crust, turn on the broiler for the last couple minutes of baking, but don't over-bake, or it will get tough. Check it 5 minutes before it's supposed to be done.

This recipe and photo were excerpted from The Mediterranean Method. ©2019 Steven Masley, M.D. Used with permission of Harmony Books. All rights reserved.

Breakthrough Natural Solutions

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Dr. Felix Liao gained international acclaim for having identified "Impaired Mouth Syndrome" as the overlooked source of many medical, mood and dental issues, and developing a "Holistic Mouth" intervention framework for correcting the root causes of many conditions that are otherwise very difficult to permanently resolve.



Dr. Felix Liao, DDS



Discover Impaired Mouth Syndrome: Get to know the red flags for yourself and your kids. Practitioners learn how you can empower your patients' total health. [Join free Webinar to learn more.](#) ►



"I can't unsee it [signs of impaired mouth] now. Every time I take a class with Dr. Liao, I leave with at least a dozen new pearls of knowledge. It's has been life-changing and paradigm-shifting." – Dr. Teresa Scott, Spring, Texas

HolisticMouthSolutions.com
800-969-8035 • Falls Church, VA



calendar of events

THURSDAY, FEBRUARY 2

EMF Hazards Summit 2023: Electromagnetic Radiation Protection Event – Feb 2-5. A chance to learn everything there is to know about EMF radiation and get access to proven solutions for protecting our health and that of our loved ones. Free. Virtual. 714-436-1234. EMFHazards.com.

SUNDAY, FEBRUARY 5

Full Moon Night Hike – 6:30-7:30pm. With senses heightened by night, we will call for owls, learn the constellations by their indigenous names and experience nature after dark. Led by Naturalist Shawn Severance and Matt Spoor from Washtenaw Audubon. Park Lyndon, 18801 N Territorial Rd, Chelsea. Registration required: SeveranceS@Washtenaw.org. Washtenaw.org.

WEDNESDAY, FEBRUARY 8

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, FEBRUARY 9

Experiment | Experience: Campus Art Museums in the 21st Century – 5:30-7pm. In this panel discussion, 3 museum directors will present initiatives and exhibition projects that have challenged the status quo of art museums, on campus and beyond. Helmut Stern Auditorium at UMMA, 525 S State St, Ann Arbor. UMMA.UMich.edu.

Virtual Factory Farming Problems & Solutions – 7-8:15pm. Lynn Henning is the field operations Team director for the Socially Responsible Agricultural Project and winner of the 2010 Goldman Environmental Prize—the environmental equivalent of the Nobel Prize. VegMichigan.org.

FRIDAY, FEBRUARY 10

Reiki I and II Certification – Feb 10 & 12. 6-9pm, Fri; 12-6pm, Sun. Anyone can learn to use this healing modality on themselves and others. Become certified to perform reiki on yourself and others. \$350. YogaCentric.net, 135 E Bennett, Saline.

SATURDAY, FEBRUARY 11

Justin Roberts & The Not Ready for Naptime Players – 11am. Unexpectedly intelligent and whimsically rocking music for kids. \$15/adults, \$12/kids. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

Ice Carving Festival – 12-4pm. Watch professionals carve incredible works of art. Also includes a fun scavenger hunt, door prizes, fire pit warming stations and more. Free. County Farm Park, 2230 Platt Rd, Ann Arbor. Washtenaw.org.

Winter Fruits & Vines – 1-3pm. On this hike learn to identify the native shrubs and vines with



beautiful berries that persist into the winter months and provide a critical food source for wildlife. Led by Shawn Severance. County Farm Park, 2230 Platt Rd, Ann Arbor. Registration limited: SeveranceS@Washtenaw.org. Washtenaw.org.

SUNDAY, FEBRUARY 12

SuperB Owl Sunday – 10am-12pm. A carnival-style event where you can move through the activities at your own pace. Meet some of our resident owls, dissect owl pellets, and enjoy owl-related crafts and activities. \$5/person, Free for babies between 0-23 months. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

MONDAY, FEBRUARY 13

Jess Merritt & The Understorey – 8pm. Genre-bending sounds from a Michigan singer-songwriter. \$20. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

TUESDAY, FEBRUARY 14

Sunrise Nature Hike – 8:30-10am. Join naturalist Elle Bogle for a morning hike in the wonderful winter air. Park Lyndon, 18801 N Territorial Rd, Chelsea. Registration required: BogleE@washtenaw.org. Washtenaw.org.

Seva Restaurant for Valentine's Day – 9am-11pm. The vegetarian and vegan spot serving diverse comfort fare and smoothies in a casual, friendly atmosphere, will be open with creative, flavorful dishes that are very flavorful. 2541 Jackson Ave, Ann Arbor. 313-974-6661. SevaRestaurant.com.

Ann Arbor Backyard Beekeepers Meeting: A Vet in the Apiary – 6:30-8:30pm. Meet Melissa Holahan, DVM, DACVECC, a honeybee veterinarian. Learn what they do in the apiary and how they can help you. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

THURSDAY, FEBRUARY 16

Ikebana: Japanese Flower Arranging – 1-2:30pm. Presented by Ann Arbor Ikebana Intl Chapter. Create your own seasonal Ikebana arrangement with guidance by a certified instructor. \$20. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. Reservations required: A2Ikebana@gmail.com. mbgna.umich.edu.

SATURDAY, FEBRUARY 18

Yoga with Lithotherapy Workshop – 1-2:30pm. Offered by Crysterra Wellness. Lithotherapy is the use of purpose specific crystals within the body's

energy field. \$40. Verapose Yoga House, 3173 Baker Rd, Dexter. Registration required: CrysterraWellness.com.

Ann Arbor for Public Power Meet & Greet – 3pm. Meet and greet coalition members of Ann Arbor for Public Power. Learn about public power, why we need it and what you can do to help make it a reality. Free. Journey of Faith Christian Church, 1900 Manchester Rd, Ann Arbor. 734-272-5194. AnnArborPublicPower.org.

TUESDAY, FEBRUARY 21

Artist Spotlight: Buffalo Rose – 8pm. A wildly charismatic 6-piece modern folk/Americana band from Pittsburgh. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, FEBRUARY 23

Rochelle Clark & The Familiars – 8pm. Raw, honest songwriting from Michigan. \$20. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

FRIDAY, FEBRUARY 24

The Ark's 36th Annual Storytelling Festival – Feb 24-26. Fri, 8pm: Liars' Contest; Sat, 8pm; Sun, 1pm: Family Show. A journey to the land of the mind's eye. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

SUNDAY, FEBRUARY 26

Virtual Book Club Q&A – 1-2:30pm. Joined by Emilia A. Leese, co-author of *Think Like a Vegan: What Everyone Can Learn from Vegan Ethics*. VegMichigan.org.

TUESDAY, FEBRUARY 28

Virtual Education Series – 7:30-9pm. Co-Occurring Eating Disorders & Addition: Implications for Recovery. With Tiffany Schultz. Free. Via Zoom. For link: DawnFarm.org.

PLAN AHEAD

FRIDAY, MARCH 10

Eyes Wide Open Conference – Mar 10-12. Hear from world-renowned leaders in various professions regarding the truth behind what has happened over the past 3 yrs. Soaring Eagle Conference Center, 6800 Soaring Eagle Blvd, Mt Pleasant. Register: elmastery.org/eyeswideopen.



ongoing events

daily

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: CastleRemedies.podia.com.

Free 15-Day Meditation Challenge – 6am-11:55pm. Join this challenge to get a free 15-day program introducing mindfulness and meditation. Get daily prompts explaining how to do sitting meditation plus mindfulness checks at the end of each day. Free. wix.to/kkAZB0A.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. tcdesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

weekly

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

sundays

Bach Flower Remedies Level 1 LiveWeb – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. HSHV.org/RescueReading.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Reiki Sessions at Evenstar's Chalice – 2-4pm. 1st & 3rd Sun. Feel the stress fall away as you experience the healing and restorative power of reiki. Choose a 20- or 40-min session. \$1/minute. Evenstar's Chalice, 36 N Huron St, Ypsilanti. 734-905-7980. EvenstarsChalice.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer,

with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealization-CentreMichigan.org.

Sound Healing Concert – 7-9pm. Rare, therapeutic, chakra-tuned crystal bowls played with recorded soundscape music while reiki is sent to the audience. \$20/at door. 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

mondays

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Meaningful Mondays – 8pm. Sevalight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

tuesdays

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed.



Soul Power Mystic Arts

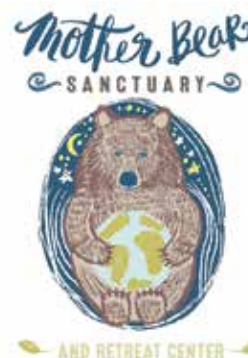
Cultivate the Nature Mystic Within and Awaken Deep Womb Wisdom

- Self Acceptance Process Healers Training
 - 4 Deep Dive Retreats • 9 Workshops
- Starts on March 3rd!

Learn more at MotherBearSanctuary.com and BarbraWhite.com

- ONGOING**
- Every 2nd and 4th Tuesday; Get Out of Stress fundraiser workshops for Inkster community projects.
 - Feb. 4; 10-5 Social Activists, Healers—Get Your Message Out—without burnout. Nature Immersion, Qi-Cong. Donation to Sasha Farms.

For all events: e-mail motherbearbarbra@gmail.com or call 734-796-6690 to register.



Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

wednesdays

Foot Rejuvenation Demo – 12:30-1pm. Are you feeling footloose and fancy free when it comes to your feet and their structural comfort? Many people are not, and often suffer in silence, as things get worse, and/or end up getting surgery. Donation. Ann Arbor School of Massage, Herbal & Natural Medicine, 3684 W Liberty Rd, Ann Arbor. 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Online: Conscious Leaders Group Coaching – Thru Dec. 3-4pm. A place to receive continuous guidance for leading with compassion and flow. Includes 2 monthly calls, where you can bring questions or issues to be coached around. Learn about your blind spots, tackle your growth edges, and build resilience for your leadership. \$222/mo. AmbrosiAlanimals. MyKajabi.com/offers/Fcot2cjT/checkout.

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

Men's Group – 6:15-7:30pm. Explore the results we are getting in our lives and seek new ways of connecting with other men that bring different results. Facilitator: Felix Paulick. Ann Arbor Psychotherapy and Counseling Center, 2155 Jackson Ave, Ann Arbor. FelixPaulick.com.

Sound Bath – 7-8pm. 3rd Wed. With Carmyn. Anyone wishing for additional well-being for self and loved ones should do this regularly. \$35. Ann Arbor School of Massage, Herbal & Natural Medicine, 3684 W Liberty Rd, Ann Arbor. Pre-register: 248-690-6118. NaturopathicSchoolOfAnnArbor.net.

thursdays

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Meditation Class – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. \$10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

Feel Good Fridays at UMMA – 7-10pm. 2nd Fri. A gathering of art and humans. Let art, music, and culture lift you up. Free. UMMA, 525 S State St, Ann Arbor. UMMA.UMich.edu.

saturdays

Certified Hypnotherapists Education and Networking Meeting – 9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational

presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. Child birth-Classes.com.

classifieds

HELP WANTED

NATURAL BALANCE WELLNESS / HYPERBARIC MEDICAL CENTER OF ANN ARBOR IS OFFERING A GROUND FLOOR OPPORTUNITY – for an in-home/in-office hyperbarics technician and department manager. Must have the physical ability and manual dexterity to assemble and disassemble portable units, be interested in learning a new skill in high demand, have exceptional people skills and an excellent driving record. Help us define this new position with a go-getter attitude and enjoy an excellent hourly income, profit sharing opportunities, flexible hours and a potential long-term career with us. Visit NB Hyperbarics.com. Email resume and letter of interest to TBogges@NBWellness.com.

RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING! Our massage therapists earn \$35K to \$40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.

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Dr. Piiman Bowers DDS & Dr. Sophia Cornish DDS

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NutriMetrics.com



Nutri-Metics means nutritional cosmetics. We are made in Australia and New Zealand, since 1968. We are the world's leading skincare because we balance the skin's PH, and give the skin the exact vitamins and minerals it needs to maintain its beauty. We also pride ourselves in the quickest facials with the highest beauty outcome. We call them two-minute facials. We're offering a facial for \$75 and the complete skincare set for \$320. The set includes all six products needed to maintain your beautiful skin. Fresh Products are shipped in monthly from Australia.

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734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com



Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 5.*

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WinewoodOrganics.com



Winewood Organics is the only recreational-use cannabis microbusiness in Ann Arbor. Our caregiver-grade marijuana products are derived from plants grown in living soil on site. *See ad page 16.*

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Info@CinnaholicAnnArbor.com
CinnaholicAnnArbor.com



Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 13.*

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DETOX/COLONIC

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Brandy Boehmer, 734-709-8313
2350 Washtenaw Ave, Ste 14, Ann Arbor
InnerSpaceHolistic.com



Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

FOOD CO-OP

PEOPLE'S FOOD CO-OP

216 N 4th Ave, Ann Arbor
734-994-9174
PeoplesFood.coop



People's Food Co-op is a community-owned grocery store and deli in downtown Ann Arbor focused on providing local, organic and sustainable products. *See ad page 13.*

FUNCTIONAL DENTISTRY

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DexterDentalStudio@gmail.com
DexterDentalStudio.com



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GENERAL & COSMETIC DENTISTRY

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1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com



Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. See ads, pages 3 and 31.

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734-519-6191
PackardFamilyDentistry.com



Our doctors are committed to holistic dentistry as the best way to care for our patients and keep them and our team as healthy as possible. We strive to treat the cause of a problem, not just the symptoms. We provide insight and answer any questions you may have regarding the tools and techniques we use for your care. See ad page 22.



HEALTH AND WELLNESS

CONSTELLATION HEALING ARTS

Michaelene Ruhl, PsyD,
33750 Freedom Rd., Suite B, Farmington
248-345-3557
ConstellationHealingArts.com



We create intimate, safe and sacred spaces for people to learn, grow, and heal by supporting them in learning to create the same for themselves and others. See ad page 19.

CRYSTERRA WELLNESS

3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com



reflexology, reiki, lithography and yoga.

Ancient inspirations for modern wellbeing. Supporting you and your wellness journey every step of the way with

HEALTH FOOD STORES

THE BETTER HEALTH STORES

Locations: Dearborn • Plymouth • Novi • Livonia • Ann Arbor • Sterling Heights • Belleville • Southgate • Shelby Charter Twp • Lansing • Grosse Pointe Woods • Beverly Hills • Bloomfield Twp • Windsor, ON, Canada
TheBetterHealthStore.com



Vitamins, supplements, organic and natural foods. For more information: See ad page 11.

HEART ATTACK, STROKE AND DEMENTIA PREVENTION

LESLIE I. BAUTISTA, RDH, BALE/DONEEN PRECEPTOR

Dexter Dental Studio
7300 Dexter-Ann Arbor Rd, Ste 300, Dexter
734-426-8360
Leslie@DexterDentalStudio.com
DexterDentalStudio.com



Here, at Dexter Dental Studio, we have a program to help individuals, "age backwards!" Oral -Arterial Fit-

ness (OAF) is based on the Bale/Doneen Method of heart attack, stroke, diabetes, and dementia prevention. Learn how to improve and protect your health with: carotid artery scanning, genetic testing, unique bloodwork, oral disease detection, food therapy, supportive supplementation and behavior strategies. Targeted and functional health outside your physician's office! See ad page 27.

HOLISTIC DOCTOR

DR. MALCOLM SICKELS, M.D.

210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. See ads, pages 8 and 12.

See ads, pages 8 and 12.

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Michael T. Burcon, B.Ph., D.C.

community resource guide

HOLISTIC MENTAL WELLNESS

HARMONY COUNSELING CENTER, PLLC
Christina Herbin, MA, LPC, NCC
Owner/Mental Health Therapist
321 S. Main Street, Ste. 215, Ann Arbor
CHerbin@Harmony2c.com
734-644-6943
Harmony2c.com



Living in peace with our mind, body and spirit is a transformative journey requiring our intentional efforts to maintain this essence. Providing counseling services, workshops and wellness resources to support emotional health and well-being. Connecting with your

inner self and nature will support your journey in living a happy, healthy and harmonious life.

HOMEOPATHIC PHARMACY

CASTLE REMEDIES
2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com



Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement

brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 18.*

LIFE COACHING

LEAN INTO YOUR LIFE
LeanFowardLife@gmail.com
734-249-9948
LeanIntoYourLife.net



Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.



MOLD TESTING & REMEDIATION

MOLDPRO
John Du Bois, CMI, CMR
247 W. Main Street, Milan
734-439-8800 • MoldProInc.com



MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

MYOFUNCTIONAL THERAPY

MADISON L. SCOTT, RDH, BSDH
MYOFUNCTIONAL THERAPIST
Dexter Dental Studio
7300 Dexter-Ann Arbor Rd, Ste 300, Dexter
734-426-8360
Madison@DexterDentalStudio.com
DexterDentalStudio.com



To properly speak, breathe, and swallow, the muscles in our face, mouth, and throat need to be able to function

together. Disharmony of those muscles can negatively impact breastfeeding, oral hygiene, facial growth and shape, stability of orthodontic treatment, TMJ movement, posture, digestion, sleep, and more. Madison's therapeutic approach promotes proper tongue placement, breathing, speaking, chewing, and swallowing, which can have a huge impact on overall health and wellbeing. Learn more at dexterdentalstudio.com/myofunctional-therapy. *See ad page 27.*

NATURE-ORIENTED MEETING SPACE

MICHIGAN FRIENDS CENTER
AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent



We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping.



PEDIATRIC DENTISTRY

ANN ARBOR SMILES DENTAL GROUP
Dr. Heather Hoffman
2900 Golfside Rd Suite 5, Ann Arbor &
1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com



Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 31.*

RELIEF FROM TRAUMA, ANXIETY & DEPRESSION

ACT ABSOLUTE CHOICES TODAY COUNSELING
NANCY WARNARS, LPC
OperationAbleNancyW@gmail.com
248-845-0513
AbsoluteChoicesTherapy.com



Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.

MOTHER BEAR SANCTUARY
BARBRA WHITE M.A., DI, HOM
734-796-6690
MotherBearSanctuary.com



Mother Bear Sanctuary's mission is to remind people of their innate connections to their bodies, the Earth, all animals, and each other. Barbra specializes in transpersonal therapy, horse retreats, trauma-informed nature therapy, healer training and leadership programs. *See ad page 26.*



SCHOOL / EDUCATION

NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION

503 East Broadway St, Mt. Pleasant
989-773-1714

Contact@NaturopathicInstitute.info
NaturopathicInstitute.info



Educational programs offered:
Natural Health Program: four years (one week-end a month); Massage Therapy Program: one year (two weekends a month); Holistic Doula Practitioner Program: six months (one weekend a month). Individual classes available. *See ad page 9.*

SMOKING CESSATION

FREE AT LAST! HYPNOSIS

Center - A Joyful Journey
734-883-8775



Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 21.*

TAI CHI AND QIGONG

PEACEFUL DRAGON SCHOOL

1945 Pauline Blvd, Ste B, Ann Arbor
734-741-0695

PeacefulDragonSchool.com



Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure. *See ad page 14.*

WEIGHT LOSS

FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY

734-883-8775



Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 21.*

WELLNESS / HYPERBARICS

NATURAL BALANCE HYPERBARICS CENTER

1601 Briarwood Cir #475, Ann Arbor
855-942-7246

NBHyperbarics.com



Natural Balance
HYPERBARICS CENTER

Natural Balance Hyperbarics affiliated with Natural Balance Wellness Medical Center of Ann Arbor provides convenient, safe and cost-effective in-home hyperbaric oxygen therapy (HBOT) options for our clients and patients. We rent and sell the highest quality soft- and hard-sided hyperbaric chambers specifically designed for use in private homes or clinics. Because we are affiliated with a medical center, we also provide medical oversight and specific medical protocols that facilitate physical healing and alleviate pain and other symptoms associated with a wide range of medical conditions. *See ad inside front cover.*



WELLNESS CENTERS

THRIVE! WELLNESS CENTER

6901 State Rd, Ste D, Saline
734-470-6766

Thrive-Wellness-Center.com



Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods,

skin and home products. *See ad page 20.*

WOMEN-ONLY MASSAGE

SHER

734-239-3344

SherrelWells@icloud.com

Sher.amtamembers.com



My goal is to always give the best massage you've ever had. I have been a medical massage therapist since 1987. I will get the pain out. Muscular, sciatica, back pain, etc. \$75/30-min medical massage and \$100/hr relaxation massage with hot towels.



Nervous about seeing the Dentist?

Put your mind at ease. Our caring team of professionals uses the latest in sedation dentistry: private rooms, heated massage chairs, memory foam, aromatherapy, calming music, conscious sedation and nitrous oxide.



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